

The Indiana Youth Risk Behavior Survey (YRBS) is part of a nationwide surveying effort led by the Centers for Disease Control and Prevention (CDC) to monitor students' health risks and behaviors in six categories. The YRBS is conducted every two years among a representative group of Indiana students in grades 9–12. Below is an overview of this topic's key findings.

WHY IS THIS IMPORTANT? Obesity during adolescence is associated with many health problems, including type 2 diabetes, hypertension, and psychological stress. Further, obese adolescents are more likely to become obese adults. Evidence suggests that higher intake of fruits and vegetables decreases the risk for some types of cancer, cardiovascular disease, stroke, and, possibly, being obese. In addition, consumption of sugar-sweetened drinks, including soft drinks, has been associated with children being at increased risk for being obese.

KEY POINTS

Compared to 2003–2007, Indiana high school students in 2009

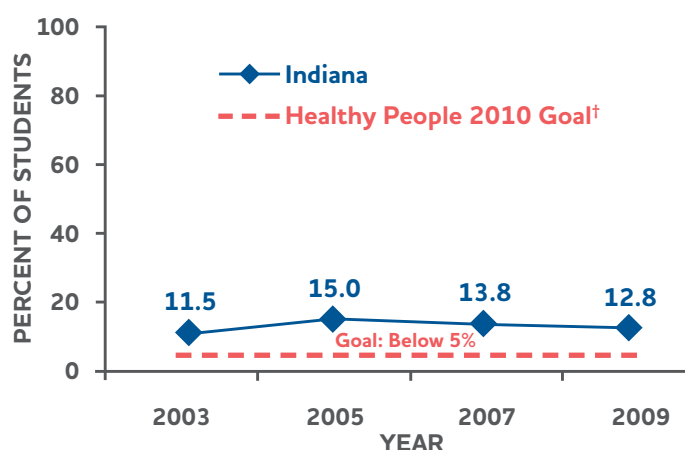
WEIGHT

- Continued to have a high rate of obesity*, well over the national goal of 5%; although, the rate of obesity in Indiana high school students decreased by over 7% compared to 2007 (Figure)
- Continued to have a high rate of being overweight*, and overweight adolescents are at risk for becoming obese

DIET

- Were less likely to have eaten the recommended five or more servings of fruits and vegetables per day
- Were less likely to have drank soda pop during the past seven days

FIGURE. Percent of high school students who were obese*—Indiana, 2003–2009



Changes in Weight Management and Dietary Behaviors

Percentage of Indiana high school students who	2003	Indiana 2005	2007	2009	Compared to 2003–07, students in 2009 were
Were obese*	11.5	15.0	13.8	12.8	Just as Likely
Were overweight*	14.2	14.3	15.3	15.9	Just as Likely
Ate fruits and vegetable five or more times per day during the past seven days	20.3	15.5	18.2	16.1	Less Likely
Drank a can, bottle, or glass of soda or pop during the past seven days	—	—	35.6	29.7	Less Likely

TAKE ACTION

— *What you can do to help improve the weight and eating habits of high school students*

- Assess school policies, programs, and environments related to nutrition and incorporate the results into a school health improvement plan
- Add or improve health education and physical education courses to support healthy eating and active living behaviors
- Enhance school wellness policies by including nutritional standards that go beyond current federal requirements and limit access to competitive foods and beverages during school and non-school hours
- Provide professional development to teachers and staff regarding school nutrition and nutrition education
- Visit the Indiana Healthy Weight Initiative (www.inhealthyweight.org) or the CDC's Division of Nutrition, Physical Activity, and Obesity (www.cdc.gov/obesity) for more information

* Obese (i.e., >95th percentile for Body Mass Index (BMI) for age and sex); Overweight (i.e., 85–94th percentile BMI for age and sex)

† Set of health objectives for the United States to achieve over the first decade of the 21st century (www.healthypeople.gov)